Improving Performance: Optimizing Rest and Recovery

Power up with naps and sleep banking

- When you have time, get extra sleep to make up for sleep deficits during the week.
- Sleep as long as you can, as often as you can, especially on your days off.
- Nap for a quick recharge. Power naps boost memory, mind, and energy. Naps of any length help reduce sleep debt.

Create a sleep-friendly environment

- Reduce noise and light when possible.
- Use eye masks, headphones, or earplugs to help you sleep.
- Create agreements with roommates/bunkmates to establish "quiet times."

Understand the impact of electronics on sleep

- Electronic devices emit "blue light" that can prevent you from falling asleep.
- Turn off smartphones, tablets, video games, and computers at least an hour before bedtime.
- Turn off the TV before you fall asleep.

Be smart about caffeine

- Caffeine can help temporarily maintain performance when you can't get enough sleep, but it also promotes wakefulness and disrupts sleep.
- Stop caffeine intake at least 6 hours before bedtime.

Watch what you consume before bed

- Avoid large meals, alcohol, and tobacco before bedtime. These reduce sleep quality and increase nighttime waking.